

We Claim:

- 5        1. An adjustable kettlebell comprising:
  - a handle with a grip section;
  - one or more attachment members;
  - a support bar, aligned along the plate axis, substantially parallel to the axis of the grip section of the handle;
- 10      at least one weight stack; and
  - an adjustable plurality of weight plates;
  - wherein said attachment members are configured to provide an adjustable distance between the grip section and the plate axis.
- 15      2. The device of claim 1, wherein said attachment members are flexibly configured to clamp tightly against a variety of weight stack widths.
- 20      3. The device of claim 1, wherein a segment of said attachment members can flex within the grip section.
- 25      4. The device of claim 1, wherein said supporting bar has a smooth overall profile lacking in excessive protrusions.
- 30      5. The device of claim 1, wherein said supporting bar comprised a bolts/washer combination tightened on either side of an elongated nut.

6. The device of claim 1, wherein said supporting bar comprises an elongated nut, a captive washer and at least one bolts/washer combination.

5        7. The device of claim 1, having a roughly hemispherical end caps to further approximate a spheroidal shape of a solid kettlebell.

8. The device of claim 1, wherein a protective band surrounding the weight stack accommodates different form factors and provides additional padding.

9. An adjustable kettlebell, having a grip section, at least one attachment  
10 member, a support bar, at least one weight stack, capable of supporting an adjustable plurality of weight plates,

wherein said supporting bar is aligned along the plate axis, nominally parallel to the axis of the grip-section of the handle; and wherein said attachment members are configured to provide an adjustable distance between the grip section and the plate axis.

15        10. The device of claim 9, wherein said attachment members are flexibly configured to clamp tightly against a variety of weight stack widths.

11. The device of claim 9, wherein a segment of said attachment members can flex within the grip section.

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2. The device of claim 9, wherein said supporting bar has a smooth overall profile lacking in excessive protrusions.

13. The device of claim 9, wherein said supporting bar comprised a bolts/washer combination tightened on either side of an elongated nut.

5        14. The device of claim 9, wherein said supporting bar comprises an elongated nut, a captive washer and at least one bolts/washer combination.

15. The device of claim 9, having a roughly hemispherical end caps to further approximate a spheroidal shape of a solid kettlebell.

16. The device of claim 9, wherein a protective band surrounding the weight 10 stack accommodates different form factors and provides additional padding.

17. An adjustable kettlebell, comprising a handle with a grip section, at least one attachment member, a support bar, at least one weight stack, capable of supporting an adjustable plurality of weight plates,

wherein said supporting bar is aligned along the plate axis, nominally parallel to 15 the axis of the grip-section of the handle; and wherein said attachment members are configured to provide an adjustable distance between the grip section and the plate axis, and

wherein said attachment members are flexibly configured to clamp tightly against weight stack of different widths.